

LESSONS RELATING TO THE HOME—OTHER INTERESTS OF THE FEMININE WORLD

MOST OF US POSSESS SOME OF THE SPIRIT OF THE CLAN

The Tribal Instinct of the Child Causes Him to Stoutly Defend His Family From Outsiders

SEVERAL years ago a child was being questioned by representatives of a local charity organization as to his home life, and particularly the life his mother led. He deliberately lied about some things. One of the workers held up her hands and turned with the remark, "You see, the child is going to follow in his mother's footsteps!"

But another woman with a softer, more sympathetic face, answered: "Not at all. That untruth was only the result of the clanishness within him." And so it proved. The child realized perfectly the difference between truth and falsehood. But when it "came to a showdown" he manfully defended his own family affairs from what he considered to be prying busybodies.

AND I believe this to be characteristic of many children—and older persons, too, for that matter. A child instinctively loves the beautiful and shrinks from the unlovely and sordid side of life. And many times, not from a sense of shame, but from a desire to have what is their own thought worthy, they have lied rather than have outsiders guess the truth. It is the tribal spirit asserting itself, the instinct to shield and protect one's own.

One often sees brothers and sisters playing together in the nursery. John pulls Mary's hair until she yells lustily and the two scarp all day long. But let any other little girl's brother give Mary's

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are treated as confidential unless otherwise expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How can centerpieces be prevented from sticking to dining tables in hot weather?

ANSWERS TO YESTERDAY'S INQUIRIES

1. It is never safe to use old rubbers saved from the year before on a new lot of preserves.

HOUSEKEEPER'S DUTIES IN HOTEL

To the Editor of Woman's Page: Dear Madam—I have an opportunity to take a position as housekeeper in a hotel about to be opened in Philadelphia. I am told by the friend who mentioned me for same that it is to be a very well placed one. I have had some experience what the duties of a housekeeper should be in such a place. I have had some experience, so have some idea what is expected but would be very much relieved and interested if I could get some information from you. (Mrs.) L. W. E.

GRASS GROWING BETWEEN BRICKS

To the Editor of Woman's Page: Dear Madam—Can you tell me if there is any way to kill grass which is growing between the bricks of the pavement except by pulling it out manually? (Mrs.) JOHN MCH.

MOTH RIDDANCE

To the Editor of Woman's Page: Dear Madam—What is the best thing I can do for furs after the moths have got into them? (Mrs.) JOHN MCH.

FRESH EGGS STICK TO SHELL

To the Editor of Woman's Page: Dear Madam—Please tell "Mrs. R. T. S." who asked in the Evening Ledger why hard-boiled eggs stick to shell, that if you have a fresh egg. Eggs more than four days old get a golden stick, hard or soft-boiled. It is virtually impossible to prevent sticking, and cold-water treatment. (Mrs.) HENRY H. SAVAGE.

TO EXTERMINATE BEETLES

To the Editor of Woman's Page: Dear Madam—How can beetles be got rid of? Sprinkle equal parts of red lead, sugar and flour, mixed, near the holes.

POTATO BREAD BY SPONGE METHOD

To the Editor of Woman's Page: Dear Madam—Can you tell me how potato bread is made by the sponge method? I read the directions for the other method in your issue. (Mrs.) G. C.

HAT WHEN ON PICNIC

To the Editor of Woman's Page: Dear Madam—I have been invited to go on a picnic next Saturday. What hat should I wear without a hat? (Mrs.) MAYBELLE.

BETTER TO TRAVEL IN DAY

To the Editor of Woman's Page: Dear Madam—I am going to take a trip to New England this summer and my friends will be with me. We are planning to return home together and want to go to a hotel. Do you think this is a good idea? (Mrs.) HELEN.

MOURNING COLLARS

To the Editor of Woman's Page: Dear Madam—What kind of collars are proper to wear when in mourning? What kind of material? (Mrs.) T. R. W.

MUSIC BOOKS TO GIVE AWAY

To the Editor of Woman's Page: Dear Madam—I have some music books, all of songs and instrumental pieces, also one old instruction book. I thought perhaps some of the readers of your valuable column might like to have them. I am glad to give them away. (Mrs.) G. C.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

YOU may raise peanuts if you live in the South and plant a crop every year. If you live either in the South or the North, you may set out nut trees and within a few years you will be harvesting a crop of nuts. Every year your son and your grandson will continue to reap the fruits of your labors long after you have passed on.

It is surprising how we neglect the nut, which is the most concentrated form of nutriment that the earth produces. The nut tree is one of the most efficient means of converting sunshine into foodstuff. The sun spreads upon the surface of the earth energy at the rate of one-half horsepower continuously for every square foot of the earth's surface.

Plants are traps in which this energy is caught, and food is simply stored up sunshine which may be converted into human tissue and translated into human intelligence and conduct. The nut tree is one of the most efficient of all means of converting sunshine into food.

It takes a few years to get a nut orchard started, but once established it goes right on increasing in value with almost no attention and no expense.

Light sandy soil will produce fifty to sixty bushels of peanuts to the acre. Peanuts will grow in any soil that will produce corn. The peanut is a most valuable nutrient. A pound of peanuts has food value to the combined value of a pound and a quarter of beefsteak, half a pound of butter and one-third of a pound of bread. It may be used in a hundred different ways and may completely replace meat in the bill of fare.

A walnut tree when ten years old will produce 100 to 150 pounds of nuts annually, average production of 180 pounds a year for the first twenty years is not a high estimate. Sixty trees to the acre will produce then 6000 pounds of nuts, of which one-fourth, 1500 pounds, will be walnut meat. Reports show food value equal to each of the following:

Table with 2 columns: Item and Pounds. Items include Beef, Pork, Lamb, Veal, Chicken, Turkey, etc.

NEURASTHENIA AND CONSTIPATION

Please give the proper diet for a person who has neurasthenia and chronic constipation. (Mrs.) M. A. N.

SEEDS OF BERRIES

Are the seeds of berries injurious? (Mrs.) H. A. N.

CARE OF THE TEETHING BABY

My baby shows signs of teething. How can I prevent him from having stomach trouble while he is teething? (Mrs.) HAY.

FACE BLEACHES

What do you recommend for a face bleach? (Mrs.) RUTH.

HIGH BLOOD PRESSURE AND SALT

I have high blood pressure. Why does not my doctor allow me to use salt? (Mrs.) JNO. S.

FAVORS FOR WATERMELON PARTY

To the Editor of Woman's Page: Dear Madam—I am going to have a watermelon party. I want to know what small presents to give to each guest. Can you tell me how to make some nice favors? (Mrs.) HELEN.

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WOMEN'S ARMY OF INDUSTRY MOBILIZING IN PENNSYLVANIA

BUREAU OF REGISTRATION AND INFORMATION THE NATIONAL LEAGUE FOR WOMAN'S SERVICE

WASHINGTON OFFICE: 705 SOUTHERN BUILDING Operating under the official sanction of the United States Department of Labor

EMPLOYERS' REQUEST FOR WOMEN WORKERS ON GOVERNMENT CONTRACTS

Table with columns: Factory Work, Home Work, etc. and rows for various categories.

Mrs. Thomas Robins Commander-in-Chief of Legion Designed to Take Places of Men Who Will Serve Their Country in Trenches

PENNSYLVANIA is mobilizing a regiment of women. Unlike the Russian "Legion of Death" it is to do the fighting at home. It is to be a great industrial army, and it is to have a large share in bringing this war to a successful finish.

Mrs. Thomas Robins, 1719 Locust street, at her office today, in the presence of the Committee of Public Safety of the State with the official title of Director of the Industrial Bureau for Women and Girls, she outlined the plans for recruiting her army.

"The most important thing to do is to bring home to the women and girls of Pennsylvania the seriousness of the situation," she declared.

"Pennsylvania is a great manufacturing State, a great farming State. Up to the present time we have been able to supply labor to meet all demands. Since the first call to the colors all that is changed.

"Day after day the State is losing men from factory and field. Day after day factory and field must produce what they have never produced before. How are we to meet the situation?

"Put women in the places left vacant by the men. England and France are doing it. They must be in doing it and America will have to do it, too.

"Right here in Pennsylvania at this State Bureau we want to secure a live register of wage-earning women throughout the State. Women trained in industrial, commercial, agricultural and professional occupations, available for instant Government service.

"In order to have a registration that covers the entire State, we propose to have county chairmen, soon to be appointed in every county.

"They must be active, patriotic, intelligent women. They must be in touch with labor conditions in the State. It will be their duty to receive the names and the occupations of women who are willing and have the ability to serve in the industrial army.

"These chairmen will in turn report to the central offices. There will be six of them, one in every zone already established by the Committee of Public Safety.

"We have no work to be done at home. We want women and girls who are able to work eight hours a day. If they are untrained we want to train them. If they are trained we can place them quickly.

"In my opinion, a girl or young woman who sends her sweetheart or her brother to the trenches and then turns a deaf ear to the call to the factory or to the fields is as much of a slacker as the man who refuses to heed the call to the colors.

"Some people will say that the confining, tight-fitting uniforms of the army are not for women. They are not. They are for the men who are in the trenches. They are for the men who are in the trenches. They are for the men who are in the trenches.

"We want to see that both have a square deal. And most of all we want to serve the country."

Mrs. Robins is in her office every day and also has a desk in the Finance Building, in the offices of the Committee of National Defense. She has two aids, Miss Edith Fisher and Miss Eugenia Gregg.

CARNIVAL FOR RED CROSS The boys and girls in the neighborhood of Marshall street and Columbia avenue have started to do their bit in helping the Red Cross. They have appointed a committee, of which Mrs. M. Kaufman, of 1642 North Marshall street, is chairman.

They decided on a three-day street carnival beginning tonight. There will be dancing every evening, the music will be furnished by player-pianos in the neighborhood, and refreshments will be sold on both sides of Marshall street from Oxford to Columbia avenue.

The contributions which the business men in the vicinity have given them and the large number of patrons expected with good weather has the young folks looking toward success.

R. K. Young Takes Oath HARRISBURG, Aug. 8.—The oath of office of Robert K. Young as Public Service Commissioner was filed at the Capitol. Mr. Young took the oath in a hospital at Bloomsburg.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

I GOT a funny joke on one of the other teachers this morning. After school began Miss Grouty said, right before them all: "There is one little girl who is taking two grades and still has her lessons better than anybody else in the room. She has all her lessons for today. I am going to excuse her for the rest of the day. Patsy, you may go home."

So I left the room, which is what she wanted, and that was where the joke came in. For when we went through the hall the door to one of the big girls' rooms was open, so Rowdy and I stood in the door. The teacher's back was toward us, so she did not care. When we had stood there a little while the teacher said, "Imogene, find the least common multiple." I could see that Imogene was busy, so I said, "If you will tell me what it looks like, teacher, Rowdy and I will find it and be glad to, for we haven't a thing in the world to do."

The teacher was very much surprised, and she said, "What is that?" I said, "I have been turned loose because I have got my lessons and I have not got a thing on earth to do, nor Rowdy either, and if you will tell me what that least common multiple looks like and where you lost it, I shall be glad to hunt it for you." Then she smiled and the children laughed and the teacher said, "Thank you, Patsy, but finding the least common multiple is part of the lesson." So that was the joke.

Rowdy and I went to the man's house and I rode the mother horse and the baby horse kept up with us till the man came. Then we went in to his house and I had a bowl of sour milk and nutmeg and sugar and bread and butter, and it was good. He certainly is a good housekeeper. Then he got a big bag and told me to come with him, and I did, and we went into the woods and I wondered what for, but after a while we went to some hickory trees. When I threw up a club the hickory nuts came down in a shower. That was lots of fun and it took us all the afternoon to fill the bag.

Then the man tied up the bag, and if you will believe me it was all he could carry. When we got it back to his house he put a bride on the mother horse and boosted me up on her and said, "Now, you pull this line to make her go this way and this one to make her go this way." I did and it was very easy. Then he laid the bag across on the mother horse in front of me and said, "That will ride there all right if you walk her." Then he opened the gate and told me to take them home and bring the mother horse back in the morning.

We got home as easy as pie, and I rode the mother horse up close and dumped the bag on our back porch. Then I thought I'd better take her back to her baby. So I did. But first I rode her into the "Carpenter's" yard and around the house and they had taken the screens out and they were sitting in there eating dinner. I pushed the mother horse's head through the window and Mrs. Carpenter saw it over her shoulder, being up the celery off the table. She screamed and Mr. Carpenter laughed and Wilbur just sat with his face open. Then we backed out.

When Rowdy and I came back they were out on the porch, and Mr. Carpenter said, "Here is Patsy. Let's ask her." So I went up and sat on the bottom step, which was lower than I thought and nearly made me bite my tongue when I sat on it. He said, "Have you seen a strange horse around here?" I said, "No," which was the truth, for the mother horse is not strange, being one of my best friends. "Well," he said, "that is all. I cannot imagine who did it. That was a story, for he sat where he looked right in my face when I did it."

That night I prayed, "Dear Mother, I suppose you are proud of me. Did you brag to the other angels because I am taking grades and got out early today? Some Friday I am going to speak a piece when I get my new clothes and I will tell you when and you can get a bunch of the other angels and stick around and you will be prouder yet. Amen."

"Her Mother's Picture," the next Patsy Kildare adventure, appears in tomorrow's Evening Ledger.

Tomorrow's War Menu

BREAKFAST Stewed Rhubarb Wheat Blucuit Muffins LUNCHEON Tomato Stuffed With Olives Mayonnaise Dressing Crackers Tea

DINNER Cream of Corn Soup Fried Bluefish New Potatoes Blueberry Pie Swiss Chard Coffee

VOCATIONAL SCHOOLS TO GET NATIONAL AID

Pennsylvania Educators Will Attend Conference at Washington August 17-18—Delegates Are Selected

HARRISBURG, Aug. 9.—Plans for placing in operation the Smith-Hughes act of Congress for Federal aid for vocational schools will be made for the New England States and New York, New Jersey and Pennsylvania at a conference to be held in Harrisburg August 17 and 18. Under the terms of this law substantial aid is to be given annually to States which will assist in supporting courses in agricultural, industrial and domestic and household arts education.

Pennsylvania will be represented by Dr. Nathan C. Schaeffer, State Superintendent of Public Instruction; Dr. J. George Becht, secretary of the State Board of Education; Prof. M. B. King, director of industrial education, and Lindley H. Dennis, director of agricultural education in the Department of Public Instruction.

It is estimated that Pennsylvania will receive during the first year under the new act \$23,750 for industrial education. The State and districts will appropriate sums equal to about the same amount.

Ladies' Shirt Waists

Best quality; white and colors. \$1 to \$6 Special Value Also full line of ladies', children's and men's hose.

McPHILOMY'S, 1624 Market St. NEXT TO STANLEY THEATRE OPEN EVENINGS Except Tuesday and Wednesday

Lift Corns Out With Fingers Don't Hurt a Bit--It's Magic

Few drops stop soreness, then the corn or callus shrivels and lifts off. Try it and see! No humbug!

This tiny bottle holds the wonder of wonders. It contains an almost magic drug called freezezone. It is a compound made from ether.

Apply a few drops of this freezezone upon a tender, aching corn or a hardened callus. Instantly the soreness disappears and shortly you will find the corn or callus so shriveled and loose that you just lift it off with the fingers. It doesn't hurt one particle.

You feel no pain or soreness when applying freezezone or afterwards. It doesn't even irritate the skin. Just ask in any drug store for a small bottle of freezezone. This will cost but a few cents, but will positively rid your poor, suffering feet of every hard corn, soft corn, or corn between the toes, or the tough calluses on bottom of feet. Genuine freezezone bears the name of Edward Wesley Co., Cincinnati, O.

Hot Weather Means Danger For Your Baby

When in the stifling, still summer days the thermometer crawls up to 90 degrees and the baby lies listless in his little hot bed, or tosses restlessly about, then is the time, above all others, for you to be careful with your baby's food.

You know, too, that when you cannot nurse your baby any longer he must have milk in some form. Give him the food that is always safe, winter and summer

Nestlé's Food

YOU MOTHERS—who are reading this, you know that cows' milk is no substitute for mother's milk. You know how hard it is to get cows' milk clean and pure. You know how hard it is to get the milk fresh enough—and even when you think that there are no germs in the milk—even then, that milk is hard to digest because of the curd—the hard, white, rubber-like curd.

Advertisement for 'THE CHEERFUL CHERUB' featuring a baby and text about a perfect song and harmony.

Advertisement for 'IN THE MOMENT'S MODES' featuring a woman in a hat and text about novelty plus in fall chapeaux.

Advertisement for 'Nestlé's Food' featuring a baby and text about hot weather means danger for your baby.